



JUNE 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	PREPARE TO LOUNGE	X4	125	
	PREPARE TO LOUNGE	X4	150	
2.	SINGLE	X8	190	
	PAUSE	X16C	80-125	
3.	3 REPEATERS FRONT	X4	125	
	3 REPEATERS FRONT	X4	145	



JUNE 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	COMBO RISE & CLOSE	X2	115/140	
	PAUSE	X16C	95-120	
2.	3 REPEATERS UP	X16	120-180	